

BACHELOR OF SCIENCE, MAJOR IN HUMAN PERFORMANCE AND WELLNESS MANAGEMENT

The BS in Human Performance and Wellness Management program prepares students for a career in corporate and commercial fitness. Future job prospects include wellness coordinator, personal trainer, strength and conditioning specialist, and other fitness specialization positions. This track is focused on applied settings where one works with the general population, such as at performance centers, commercial gyms, or recreational facilities. This degree will also allow completion of prerequisites to apply to occupational therapy programs. Refer to the guidelines from the OT schools you will apply to, but electives to apply to OT school include PSYC 3331, PSYC 3374, and PSYC 3333, plus you may need a course in medical terminology (of 1-3 hours). A minor is not required for this program.

Code	Title	Hours
Bachelor of Science in Human Performance and Wellness Management		
Core Curriculum (http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/)		
Component Area I (Communication)		6
Component Area II (Mathematics) ¹		3
Component Area III (Life and Physical Science) ²		8
Component Area IV (Language, Philosophy, and Culture)		3
Component Area V (Creative Arts)		3
Component Area VI (U.S. History)		6
Component Area VII (Political Science/Government)		6
Component Area VIII (Social and Behavioral Sciences) ³		3
Component Area IX (Component Area Option) ^{4,5}		4
Degree Specific Requirements		
BIOL 2403	Human Anatomy & Physiology I ^{2,6}	4
BIOL 2404	Human Anatomy & Physiology II ⁶	4
CHEM 1406	Inorganic & Envir Chemistry ²	4
or CHEM 1411	General Chemistry I	
COMS 1361	Public Speaking ⁴	3
FACS 2362	Nutrition ⁷	3
KINE 1331	Foundations Of Kinesiology	3
KINE 2115	Lifetime Health and Wellness ⁵	1
MATH 1314	Pre Calculus Algebra ¹	3
or MATH 1316	Plane Trigonometry	
MATH 1342	Elementary Statistics	3
or MATH 1370	Intro Biomedical Statistics	
or MATH 3379	Statistical Mthods in Practice	
PHYS 1305	Classical Physics & Thermodynmc	3
or PHYS 1301	General Phy-Mechanics & Heat	
PHYS 1105	Class Phy & Thermodynamics Lab	1
or PHYS 1101	General Physics Laboratory I	
PSYC 1301	Introduction To Psychology ³	3
Major Core		
KINE 2114	Wgt Train & Phy Conditioning (Major Core)	1
KINE 3362	Functional Kinesiology	3
KINE 3364	Motor Learning	3
KINE 3373	Physiology Of Exercise	3
Major		
ATTR 3370	Prevention & Care of Injuries	3
KINE 3173	Exercise Physiology Laboratory	1
KINE 4314	Advanced Strength Training	3
KINE 4361	Managing Health Promotion in the Workplace	3

or KINE 4365	Directing Wellness Programs	
KINE 4362	Biomechanical Analysis	3
KINE 4373	Adv Tpcs In Physlgy Of Exercis	3
KINE 4377	Prin Exer Testing/Prescription	3
KINE 4393	Prncples& Prac Of Adlt Fit Mgt	3
or HLTH 4384	Internship Preparation	
KINE 4394	Internship ⁸	3
KINE 4394	Internship ⁸	3
Interdisciplinary Courses		
BUAD 3355	Business Law	3
HLTH 3392	Health Comm & Literacy	3
or HLTH 3361	Health Planning & Evaluation	
or HLTH 4387	Community Health	
MGMT 3310	Principles Of Management	3
MGMT 3330	Human Resource Management	3
MKTG 3310	Principles Of Marketing	3
Electives ⁸		8
Total Hours		120

- 1 Satisfies Core Curriculum requirement for Component Area II (Mathematics).
- 2 Satisfies Core Curriculum requirement for Component Area III (Life and Physical Science).
- 3 Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
- 4 Satisfies three semester credit hours of the Core Curriculum requirement for Component Area IX (Component Area Option).
- 5 Satisfies one semester credit hour of the of Core Curriculum requirement for Component Area IX (Component Area Option).
- 6 BIOL 2401 and BIOL 2402 may be used as a transfer course for this requirement; please see a SAM Center advisor for more details.
- 7 FACS 1367 may be used as a transfer course for this requirement; please see a SAM Center advisor for more details.
- 8 Students must enroll for two sections of KINE 4394 for a total of 6 semester credit hours.
- 9 Electives should match your professional preparation, such as Occupational Therapy recommended courses, which include PSYC 3331, PSYC 3374, & PSYC 3333 Additionally, you may need a medical terminology course of 1-3 hours. Other suggested electives include: ATTR 4369 & KINE 4369. KINE 4117 and KINE 4392 can be taken for students wanting to gain research experience. Six to nine hours of these electives may need to be 3000- and/or 4000-level courses to meet the 42 advanced hour requirement.

Notes

All KINE/ATTR majors and/or minors must earn a "C" or better for all KINE/ATTR courses.

BIOL 2404 requires a grade of "C" or higher in BIOL 2403 .

Students must take BIOL 2403 and BIOL 2404 as an 8 hour sequence.

MATH 3379 requires 3 credit hours of college math.

MKTG 3310, KINE 3364, and KINE 3373 require Junior Standing.

MGMT 3310 requires 45 credit hours of coursework completed.

KINE 3373 requires 45 credit hours of coursework completed and a prerequisite of BIOL 2403 and completion of or co-enrollment of BIOL 2404

ATTR 3370 requires a prerequisite of BIOL 2403 and 60+ credit hours.

KINE 3362 requires a prerequisite of BIOL 2403 and 60+ credit hours.

KINE 4117 and KINE 4392 can be taken for students wanting to gain research experience.

KINE 4373 requires a prerequisite of KINE 3373.

KINE 4377 requires a prerequisite of KINE 3362 and KINE 3373, must earn a "C" or better.

KINE 4362 requires a prerequisite of KINE 3362, PHYS 1305 and PHYS 1105 or PHYS 1301 and PHYS 1101.

KINE 4393 requires 90+ credit hours; students must take KINE 4393 at least one semester prior to KINE 4394 Internship.

KINE 4394 requires Senior Standing and completion of KINE 4393 and KINE 4377, must earn a "C" or better.

First Year

Fall	Hours	Spring	Hours
BIOL 2403 ¹		4 BIOL 2404	4
ENGL 1301 ²		3 CHEM 1406 or 1411 ¹	4
KINE 1331		3 ENGL 1302 ²	3
KINE 2114		1 HIST 1302 ⁵	3
KINE 2115 ³		1 MATH 1342, 1370, or 3379	3
MATH 1314 or 1316 ⁴		3	
		15	17

Second Year

Fall	Hours	Spring	Hours
FACS 2362 ⁶		3 Component Area IV (http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareiv)	3
HIST 1301 ⁵		3 Component Area V (http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareav)	3
PHYS 1305 or 1301		3 COMS 1361 ⁹	3
PHYS 1105 or 1101		1 HLTH 3392, 3361, or 4387	3
POLS 2305 ⁷		3 POLS 2306 ⁷	3
PSYC 1301 ⁸		3	
		16	15

Third Year

Fall	Hours	Spring	Hours
Electives		2 ATTR 3370	3
KINE 3173		1 BUAD 3355	3
KINE 3362		3 KINE 3364	3
KINE 3373		3 KINE 4314	3
MGMT 3310		3 MGMT 3330	3
MKTG 3310		3	
		15	15

Fourth Year

Fall	Hours	Spring	Hours
KINE 4361 or 4365		3 Electives	6
KINE 4362		3 KINE 4394 or HLTH 4394 ¹⁰	3
KINE 4373		3 KINE 4394 or HLTH 4394 ¹⁰	3
KINE 4377		3	
KINE 4393 or HLTH 4384		3	
		15	12

Total Hours: 120

- ¹ Satisfies Core Curriculum requirement for Component Area III (Life and Physical Science).
- ² Satisfies Core Curriculum requirement for Component Area I (Communications).
- ³ Satisfies one semester credit hour of the of Core Curriculum requirement for Component Area IX (Component Area Option).
- ⁴ Satisfies Core Curriculum requirement for Component Area II (Mathematics).
- ⁵ Satisfies Core Curriculum requirement for Component Area VI (U.S. History).
- ⁶ FACS 1367 may be used as a transfer course for this requirement; please see a SAM Center advisor for more details.
- ⁷ Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).

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8 Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).

9 Satisfies three semester credit hours of the Core Curriculum requirement for Component Area IX (Component Area Option).

10 Students must enroll for two sections of KINE 4394 for a total of 6 semester credit hours.

Notes

All KINE/ATTR majors and/or minors must earn a "C" or better for all KINE/ATTR courses.

BIOL 2404 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202404>) BIOL 2404 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202404>) requires a grade of "C" or higher in BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>), BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>).

Students must take BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>) and BIOL 2404 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202404>) as an 8 hour sequence.

MATH 3379 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MATH%203379>) requires 3 credit hours of college math.

MKTG 3310 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MKTG%203310>), KINE 3364 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203364>), and KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>) require Junior Standing.

MGMT 3310 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MGMT%203310>) requires 45 credit hours of coursework completed.

KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>) requires 45 credit hours of coursework completed and a prerequisite of BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>) and completion of or co-enrollment of BIOL 2404 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202404>).

ATTR 3370 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=ATTR%203370>) requires a prerequisite of BIOL 2401 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202401>) or BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>) and 60+ credit hours.

KINE 3362 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203362>) requires a prerequisite of BIOL 2401 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202401>) or BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>) and 60+ credit hours.

KINE 4117 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204117>) and KINE 4392 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204392>) can be taken for students wanting to gain research experience.

KINE 4373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204373>) requires a prerequisite of KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>).

KINE 4377 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204377>) requires a prerequisite of KINE 3362 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203362>) and KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>), must earn a "C" or better.

KINE 4362 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204362>) requires a prerequisite of KINE 3362 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203362>), PHYS 1305 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201305>) and PHYS 1105 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201105>) or PHYS 1301 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201301>) and PHYS 1101 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201101>).

KINE 4393 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204393>) requires 90+ credit hours; students must take KINE 4393 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204393>) at least one semester prior to KINE 4394 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204394>) Internship.

KINE 4394 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204394>) requires Senior Standing and completion of KINE 4393 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204393>) and KINE 4377 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204377>), must earn a "C" or better.

The Texas Higher Education Coordinating Board (THECB) marketable skills initiative is part of the state's **60x30TX plan** and was designed to help students articulate their skills to employers. Marketable skills are those skills valued by employers and/or graduate programs that can be applied in a variety of work or education settings and may include interpersonal, cognitive, and applied skill areas.

The BS in Human Performance and Wellness Management is designed to provide graduates with the following marketable skills:

- Fitness assessment, exercise program design and implementation.
- Fitness and wellness entrepreneurship.
- Determination of strategies for performance enhancement and prevention of injuries.

- Effective communication with a range of audiences in exercise science settings.
- Effective teaching of motor skills in individual and group settings.